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ABSTRACT

This resource unit was designed to help secondary education home economics teachers plan student learning experiences pertaining to sewing on knits. The unit covers four principle topics and includes, for each topic an overall objective, behavioral objective, learning and/or evaluation experience(s) for students, and teaching resource(s), e.g., books, pamphlets, charts, leaflets, equipment, and supplies. The four topics covered are (1) selection and care of knit fabrics; (2) selection of patterns, supportive fabrics, and notions; (3) preparation for knit construction; and (4) construction of simple garments. A list of the teaching resources concludes this unit. (EM)

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Clothing and Textiles Resource Unit

Sewing on Knits

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Clothing and Textiles Resource Unit

Sewing on Knits

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Clothing and Textiles Resource Unit

Sewing on Knits

I. Selection and care of knit fabrics
   A. Different types of knits
      1. Single knits
      2. Double knits
      3. Tricot knits
      4. Raschel knits
      5. Woven stretches
   B. Special characteristics and handling qualities of knits
   C. Care of knits
      1. Repairing pulls or snags
      2. Laundering and drying
      3. Pressing

II. Selection of patterns, supportive fabrics and notions
   A. Pattern styles suitable for knits
   B. Underlinings, interfacings, and linings
   C. Trimmings suitable for knits

III. Preparation for knit construction
   A. Preshrinking fabrics and notions
      1. Straightening fabric
      2. Cutting tubular knits
   B. Selection of special sewing supplies
      1. Ball point pins
      2. Ball point hand and machine needles
      3. Polyester thread
      4. Very sharp or serrated shears
   C. Adjustments and care of sewing machine

IV. Construction of simple garments
   A. Pattern alteration and fitting
   B. Placement of pattern, cutting and marking
   C. Special construction techniques suitable for knits
      1. Staystitching
      2. Darts
      3. Seam finishes
      4. Facings
      5. Interfacings
      6. Crew, turtleneck, and mock turtleneck bands
      7. Sleeves
      8. Zippers
      9. Waistbands
      10. Hems

CONCEPTS: Selection and Care of Knit Fabrics

OVERALL OBJECTIVES: Demonstrate the ability to identify different types of knits

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Differentiate between the different kinds of knits.	View a bulletin board displaying: 1. Single knits 2. Double knits 3. Tricot knits 4. Raschel knits 5. Woven stretches Read selected references. List and compare different kinds of knits.	Bulletin Board - "Take A L-O-N-G Look At Knits" (Illustrate the board with a giraffe looking over labeled samples of the different kinds of knits.) Sturm, Grieser, Lyle, Roberts, Guide to Modern Clothing, 3rd Edition, pp. 411-420. Lawerence, Sewing Knits, Rev. Edition, pp. 1-3 Cameron, Knit and Stretch Sewing, pp. 1-2 Gawne and Oerke, Dress, 4th Edition, p. 452. Vanderhoff, Franck, Campbell, Textiles for Homes and People, pp. 120-121.

CONCEPTS: Selection and Care of Knit Fabrics

OVERALL OBJECTIVES: Show knowledge of characteristics and handling qualities of knits

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Identify characteristics and handling qualities of knits.	List some of the characteristics which influence the handling of knits after reading the selected references.	Pamphlet: Kitty Rotruck Educational Services, Inc., Basic Information For Knit Fabrics 1. Pamphlet: Coats and Clark, Inc., Sewing Today's Fabrics With Today's Threads. Bulletin: Clemson University Extension Service, Machine Knit Fabrics, p.4.
Demonstrate ability to use a "Pick-a-Knit Rule" to show how much stretch a knit fabric has.	Read selected reference describing how to use the "Pick-a-Knit Rule."	Simplicity Pattern Co., Inc., Simplicity Sewing Book, Rev. pp. 197-198.
	Observe a demonstration on how to use a "Pick-a-Knit Rule" or Stretch Guage. Practice steps observed to measure the crosswise stretch of fabric swatches.	Fabric swatches of knits.
Compare the handling qualities of knit fabrics.	Select knit fabrics that are of good quality and easy to sew. Select similar fabrics that are of poorer quality and more difficult to handle. Mount and explain the difference.	Fabric samples from local fabric stores.

CONCEPTS: Selection and Care of Knit Fabrics

OVERALL OBJECTIVES: Demonstrate selected procedures for quality care of knit fabrics

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Describe the general effects of care on the appearances of knit fabrics.	View a demonstration on washing and drying a knit garment.	Teacher Resource: Cameron, Knit and Stretch Sewing, p. 77.
Follow recommended practices for the care of knits.	Select labels and tags to bring to class which indicate the care required of a knit garment. Discuss value of given information.	Labels and tags.
Choose appropriate equipment for pressing knits to avoid seam marks and to set creases.	Examine exhibit of pressing equipment. Observe a demonstration on use and practice using the equipment.	Pressing equipment. Teacher Resources: Vanderhoff, Franck, and Campbell, Textiles for Homes and People, pp. 389-396. Lawrence, Sewing Knits, pp. 4-8. Sturm, Grieser, Lyle, Roberts, Guide to Modern Clothing, pp. 430-432.
Remove a pull or snag from a piece of knit fabric.	View a demonstration to take care of pulls or snags on your knits.	Lawrence, Sewing Knits, p. 161.

CONCEPTS: Selection of Patterns, Supportive Fabrics, and Notions

OVERALL OBJECTIVES: Show ability to coordinate the selection of patterns, fabrics, and notions; considering design principles, fabric characteristics, and end use.

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Select pattern style suitable for a particular kind of knit.	Analyze knit fabrics in relation to their suitability for specific patterns. Use given reference as a guide.	Sturm, Griser, Lyle, Roberts, Guide to Modern Clothing, 3rd Edition, p. 415 and pp. 430-437. Knit swatches and Pattern books.
Identify the appropriate supportive fabrics for knits.	Read selected references and define the purpose of underlinings, interfacings, and facings in knits.	Sturm, Grieser, Lyle, Roberts, Guide to Modern Clothing, 3rd Edition, pp. 439-453; pp. 484-485. Vanderhoff, Franck, Campbell, Textiles for Homes and People, pp. 432-433.
	Observe a demonstration of applying non woven and woven interfacings to knits.	Teacher-made illustrative material.
	Examine a display of various kinds of underlinings, interfacings, and linings appropriate for knits.	Teacher-made illustrative material and fabric samples. Teacher Resource: Leaflets: Armo: Fuse A Knit For Total Shape, Stylus Fusible Web Stylus Fusible Uni-Stretch.

CONCEPTS: Selection of Patterns, Supportive Fabrics, and Notions

OVERALL OBJECTIVES: Show ability to coordinate selection of patterns, fabrics, and notions; considering design principles, fabric characteristics, and end use.

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Select trimmings suitable for knits.	Research current fashion magazines to determine the use and type of trims and buttons used on knits.	Fashion Magazines
	View a display of appropriate trimmings for knit fabrics Discuss types of zippers, tapes, bindings, trims, and their treatment before use.	Teacher display of notions suitable for knits.
	Identify and compare various types of tapes and trims.	Pamphlet: Coats and Clark Inc., Tapes and Trims.

CONCEPTS: Preparation For Knit Construction

OVERALL OBJECTIVES: Show ability to follow processes of straightening knit fabrics and preshrinking notions

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Describe procedures used in preparing fabric. Follow recommended practices for preparing knit fabrics and notions.	Read in Vogue Pattern pamphlet to learn preparation processes, namely: 1. Straightening knit 2. Preshrinking 3. Handling for cutting Observe a demonstration on straightening knit fabric and cutting tubular knits.	Pamphlet: Butterick, Everything About Sewing Knits from Vogue Patterns, pp. 16-17. Butterick, Ready Set Sew, p. 145.

CONCEPTS: Preparation For Knit Construction

OVERALL OBJECTIVES: Demonstrate the ability to select special supplies and equipment necessary for successful knit construction.

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Demonstrate selection and use of sewing supplies suitable for knit construction.	Read selected references for guidelines in selecting special knit sewing supplies and equipment.	Lawrence, Sewing Knits, Rev. Edition, pp. 21-22. Cameron, Knit and Stretch Sewing, pp. 2-4. Sturm, Grieser, Lyle, Roberts, Guide To Modern Clothing, 3rd Edition, pp. 430-431. Vanderhoff, Franck, Campbell, Textiles for Homes and People, pp. 433-434.
	Examine a display of special supplies.	Sewing supplies to use with knits 1. Ball point pins & silk pins 2. Ball point needles (different sizes, hand and machine) 3. Polyester thread, Dual Duty 4. Very sharp or Serrated Shears

CONCEPTS: Preparation For Knit Construction

OVERALL OBJECTIVES: Demonstrate understanding of selected factors influencing the correct stitching of knit fabrics and care of machine

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Identify factors influencing the correct stitching of knit fabrics.	Observe a demonstration of selected factors influencing the correct stitching of different knit fabrics namely: 1. Types of stitch a. straight b. zig zag c. stretch stitch 2. Stitch length 3. Proper tension 4. Proper pressure 5. Use of tissue paper between seam and throat plate	Knit fabrics and sewing machine. Teacher Resources: Sturm, Grieser, Lyle, Roberts, Guide to Modern Clothing, 3rd Edition, pp. 430-433. Pamphlets: Coats and Clark, Inc.: Permanent Press Fabrics. Sewing Today's Fabrics 1. Sewing Today's Fabrics 2.
State reasons for proper care of sewing machine.	View a demonstration of the routine care of the sewing machine while sewing on knits. Practice brushing the lint out of the bobbin case. Oil machine.	Lawrence, Sewing Knits, p. 21.

CONCEPTS: Construction of Simple Garments

OVERALL OBJECTIVES: Demonstrate application of pattern alterations to insure a good fit

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Perform necessary pattern alterations to insure a good fit.	Study reference and discuss tips on proper fit of knit garments.	Lawrence, Sewing Knits, Rev. Edition, pp. 10-18.
	Pin-fit pattern and make needed alterations.	Pattern.
		Gawne and Oerke, Dress, 4th Edition, pp. 600-607.
	Review references for procedures for fitting dresses and pants.	Lewis, et al., Clothes And Your Personality, pp. 452-453.
		Simplicity Pattern Co., Let Yourself Sew, pp. 41-42.

CONCEPTS: Construction of Simple Garments

OVERALL OBJECTIVES: Demonstrate application of correct procedure for pattern layout, cutting, and marking of knits

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Use accepted techniques for laying out and cutting pattern pieces.	Observe a demonstration of the correct procedures for laying out pattern pieces and cutting.	Teacher Resources: Sturm, Grieser, Lyle, Roberts, Guide To Modern Clothing, pp. 430-433. Pamphlet: Coats and Clark, Sewing Today's Fabrics With Today's Thread. Pattern Guide Sheet
Follow recommended symbol-marking techniques.	Transfer pattern markings using method best suited for fabric. Use reference book to choose the best method.	Vanderhoff, Franck, Campbell, Textiles for Homes and People, p. 435.

CONCEPTS: Construction of Simple Garments

OVERALL OBJECTIVES: Demonstrate application of selected construction techniques

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
Apply construction techniques as needed.	View demonstrations on selected clothing construction techniques, examine illustrative material, and complete the construction processes needed 1. Stay-stitch 2. Darts 3. Seam finishes 4. Facings 5. Interfacings 6. Crew, turtleneck, and mock turtleneck bands. 7. Sleeves 8. Zippers 9. Waistbands 10. Hems	Teacher Resources: Pattern guide sheets. Cameron, Knit and Stretch Sewing, pp. 5-15. Lawrence, Sewing Knits, pp. 22-61. Pamphlets: Kitty Rotruck Educational Services, Inc., Kasual Knits 2. Sportswear Knits 3. Pamphlet: Butterick, Everything About Sewing Knits from Vogue Patterns. Charts: McCall Pattern Co., How To Make A Dart. How To Face A Neckline. How To Interface A Neckline. How To Make A Collar. Chart: Unique Zipper Co., Unique Zipper Chart.

CONCEPTS: Construction of Simple Garments

OVERALL OBJECTIVES: Demonstrate application of selected construction techniques

BEHAVIORAL OBJECTIVES	LEARNING AND EVALUATION EXPERIENCES	TEACHING RESOURCES
		Pamphlets: Coats and Clark, Sewing Today's Fabrics With Today's Thread. Buttonholes. Hems. Let's Face It. Neck Zipper Application. Skirt Zipper Application.

Resources For Clothing and Textiles

Sewing on Knits

Books:

Barclay, Marian; Champion, Frances; Brinkley, Jean; and Funderburk, Kathleen. Teen Guide To Homemaking. 3rd ed. New York: Webster Division, McGraw-Hill Book Company, 1972.

Bishop, Edna Bryte and Arch, Marjorie Stroller. The Bishop Method of Clothing Construction. Revised ed. New York: J. B. Lippincott Company, 1969.

Butterick Fashion Marketing Company. Ready Set Sew. 161 Sixth Avenue, New York, New York, 1971.

Cameron, Hendy. Knit and Stretch Sewing. Revised ed. Cameron Publishers; 3934 E. Burnside Street; Portland, Oregon; 1967.

Gawne, Eleanor and Oerke, Bess; Dress. 4th ed. Peoria: Charles A. Bennett Company, Inc., 1975.

Lawrence, Judy. Sewing Knits. Revised ed. Judy Lawrence; P.O. Box 1493; Boulder, Colorado; 1972.

Lewis Dora S.; Bowers, Mabel G.; Kettunen, Marietta. Clothes And Your Personality. New York: Macmillan Publishing Co. Inc., 866 Third Avenue, New York, 1974.

Simplicity Pattern Co. Inc. Let Yourself Sew. New York: 200 Madison Avenue, New York, 1972.

Simplicity Pattern Co., Inc. Simplicity Sewing Book. Revised ed., New York: 200 Madison Avenue, New York, 1972.

Sturm, Mary M.; Grieser, Edwina H.; Lyle, Dorothy S.; Roberts, Jane E. Guide To Modern Clothing. 3rd ed., New York: Webster Division, McGraw-Hill Book Company, 1973.

The Singer Co. Singer Sewing Book. New York: Grosset and Dunlap, Inc., New York, 1969.

Vanderhoff, Margil; Franck, Lavina; and Campbell, Lucille. Textiles for Homes and People. Massachusetts: Ginn and Company, 1973.

Bulletins, Leaflets, Pamphlets, and Charts:

Armo Company. Division of Crown Textile Manufacturing Corporation, 206 West 40th Street, New York, New York
Fuse A Knit For Total Shape.
Stylus Fusible Uni-Stretch.
Stylus Fusible Web.

Butterick Fashion Marketing Company. 161 Sixth Avenue, New York, New York 10013
Everything About Sewing Knits From Vogue Patterns.
Sewing With Special Fabrics -- Knits.

Clemson University Extension Service. Machine Knit Fabrics, TC Leaflet 305. Revised May 1973.
Clemson University, Clemson, South Carolina 29631.

Coats and Clark, Inc. Educational Mail Department, P.O. Box 308, Fair Lawn, New Jersey 07410.
Buttonholes.
Hems.
Let's Face It.
Neck Zipper Application.
Permanent Press Fabrics.
Sewing To-day's Fabrics 1.
Sewing To-day's Fabrics 2.
Sewing To-day's Fabrics With To-day's Thread.
Skirt Zipper Application.
Tapes and Trims.

Man-Made Fiber Producers Association, Inc. Man-Made Fiber Fact Book. 1970. 350 Fifth Avenue, New York, New York 10001.

McCall Pattern Company. Educational Department, P.O. Box 9119, Manhattan, Kansas 66502.
How To Make A Dart.
How To Face A Neckline.

Bulletins, Leaflets, Pamphlets, and Charts:

McCall Pattern Company. Educational Department, P.O. Box 9119, Manhattan, Kansas 66502.
How To Interface A Neckline.
How To Make A Collar.
Sewing Suggestions For To-day's Fabrics.

Rotruck, Kitty. Educational Services, Inc., 2636 Mission Road, Tallahassee, Fla. 32304
Basic Information For Knit Fabrics 1.
Kasual Knits 2.
Sportswear Knits 3.

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